

The Gold Medal Mile

Themes

- Around the World in 160 Days
- Iraq and Back
- Visit each National Park in the U.S.
- Walk to Mozambique - Walking to sister school
- WOW - **W**alk at least **O**nce a **W**eek
- Race to the Nest - School Mascot

Tracking

Orem Elementary: Students fill in a circle on the Gold Medal Mile Log every time they walk a lap. When the page is full the students turn them into their teacher. At the end of the month teachers put their classes' charts in the school coordinator's box. The mentor picks them up on the last day of each month and totals the number of miles.

Gold Medal Mile Log
For _____

Fill in a circle for each lap you walk.

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This page is equal to fifteen miles.

Name: _____ Mile Tracker

	1	2	3	4
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Garland Elementary: Students fill in a space on the Mile Tracker for each time they walk around the marked playground. The full card is worth ten miles. The younger students' teachers initial the cards before turning them in. Students turn the cards into the office.

North Park Elementary: Each footprint on the Mileage Marker card is punched with a heart shape punch each time students walk around the marked playground. Each card is worth five miles. North Park chooses to keep track of each student's progress, therefore their name, class, and teacher are on each card. During recess and lunch breaks, there is an assigned person who is outside punching the cards.

Foothill Elementary: Mile Marker cards are given to each student. The student council stamps them for each 1/4 mile lap. Each card is worth five miles. The goal for the students is to fill two cards a month. For every two cards filled, the students receive that month's colored medallion with the possibility of earning eight different colors for the year.

17 18 19 20 1

First and Last Name _____

Mileage Marker™

Card # _____

Grade/Class _____

Teacher _____

Feelin' Good Mileage Club®

10 9 8 7

2 3 4 5 6

Discovery Elementary: Gold Medal Mile (GMM) Counters are taken around to teachers each month. Each GMM Counter has the class roster on it. Some classes choose to have the students keep track of their own miles and others choose to have the teachers track for the whole class. To keep the students motivated, they receive a foot charm for every twenty laps (five miles) they walk. The GMM Counter was created in Microsoft Excel.

Gold Medal Mile Counter																
Teacher: Mrs. Jones						Month:										
Grade 2						Mon.	Tues.	Wed.	Thurs.	Fri.	Mon.	Tues.	Wed.	Thurs.	Fri.	Mon.
Student's Name																
Student's Name																
Student's Name																
Student's Name																
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Student's Name																

Overlake Elementary: Teachers use beans to count their miles. They put a bean in a container for every mile walked. The beans are counted by classroom students and then turned into the school coordinator.

Quail Hollow Elementary: The Health and Fitness committee helps teachers track miles at Quail Hollow Elementary. The Health and Fitness committee is a group of seven energetic 6th graders. Each committee member mentors a different grade level and one mentors the faculty. Their job is to motivate, encourage and track miles for the grade level they are responsible for. They go into each classroom weekly and collect miles logged in journals. They then bring those miles to the school coordinator who puts them into a master log where she keeps constant track of all miles walked. The school is updated weekly on which grade level is in the lead for that week.

Motivation

- **Discovery Elementary:** Students receive a foot charm for every twenty laps (five miles) they walk. Foot charms can be purchased at www.fitnessfinders.net.
- **Foothill Elementary:** For every ten miles walked, the students receive that month's colored medallion with the possibility of earning eight different colors for the year. Medallions can be purchased at www.fitnessfinders.net.



Bulletin Boards

- Go to www.hearthighway.org/pdfs/bulletinboards.pdf for pictures of Gold Medal Mile bulletin boards.

